

# Off- Season Phase 4

## Day 1

### A1 Back Split Squat

Week	Sets	Reps
1	5	6/side
2	5	6/side
3	5	3/side
4	5	3/side

Set 1	Set 2	Set 3	Set 4	Set 5

### A2 Adductor Rock

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

### B1 Barbell Glute Bridge

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3

### B2 Bodyweight Walking Lunge w/ Overhead Reach

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

### B3 1/2 Kneeling Cable Lift

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

### C1 KB Swing

Week	Sets	Reps
1	5	10
2	5	10
3	5	10
4	5	10

Set 1	Set 2	Set 3	Set 4	Set 5

### C2 Broad Jump- Stick Landing

Week	Sets	Reps
1	5	1
2	5	1
3	5	2
4	5	2

Set 1	Set 2	Set 3	Set 4	Set 5

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## Day 2

### A1 Chin-up (use external weight if you can)

Week	Sets	Reps
1	5	3
2	5	5
3	5	5
4	1	Max BW

Set 1	Set 2	Set 3	Set 4	Set 5

### A2 Starfish Side Plank

Week	Sets	Reps
1	3	20-60s/side
2	3	20-60s/side
3	3	20-60s/side
4	3	20-60s/side

Set 1	Set 2	Set 3

### B1 Knee Supported 3 Point Row

Week	Sets	Reps
1	4	8/side
2	4	8/side
3	4	6/side
4	4	6/side

Set 1	Set 2	Set 3	Set 4

### B2 Bear Crawl (10 yards- Forward and Backwards)

Week	Sets	Reps
1	3	F/B
2	3	F/B
3	3	F/B
4	3	F/B

Set 1	Set 2	Set 3

### C1 1 DB Overhead Walking Lunges (DB in Trail Leg)

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

### C2 Ab Wheel

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3

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Day 3

	Week 1	Week 2	Week 3	Week 4
A <a href="#">Split Stance OH Flexion Throw</a>	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6
	Strong Side 2x6	Strong Side 2x6	Strong Side 3x6	Strong Side 4x6
B <a href="#">Rotating Chest Pass</a>	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6
	Strong Side 2x6	Strong Side 2x6	Strong Side 3x6	Strong Side 4x6
C <a href="#">Crowhop Rotating Chest Pass</a>	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6	Weak Side 4x6
	Strong Side 2x6	Strong Side 2x6	Strong Side 3x6	Strong Side 4x6

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### Day 4

#### A1 Conventional Deadlift

Week	Sets	Reps
1	6	5
2	5	5
3	5	3
4	5	3

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

#### A2 DB Reverse Lunge

Week	Sets	Reps
1	3	8/side
2	3	8/side
3	3	8/side
4	3	8/side

Set 1	Set 2	Set 3

#### B1 Single Leg Squat to box

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3

#### B2 Physioball Leg Curl

Week	Sets	Reps
1	3	6
2	3	8
3	3	10
4	3	12

Set 1	Set 2	Set 3

#### C Low Sled Push (10-20 yards)

Week	Sets	Reps
1	5	
2	5	
3	5	
4	5	

Set 1	Set 2	Set 3	Set 4	Set 5

## Off- Season Phase 4

### Day 5

#### A1 Yoga Push-up (2 sec pause at top)

Week	Sets	Reps
1	3	max
2	4	max
3	5	max
4	3	max

Set 1	Set 2	Set 3	Set 4	Set 5

#### A2 Front Plank Cable Row

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

#### B1 TRX Inverted Row

Week	Sets	Reps
1	6	10
2	6	10
3	6	10
4	6	10

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

#### B2 Side Lying External Rotation

Week	Sets	Reps
1	3	6/side
2	3	6/side
3	3	6/side
4	3	6/side

Set 1	Set 2	Set 3

#### C1 Push-up Lateral Reach with Slider

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

#### C2 Incline Bench Y's

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3